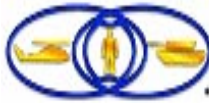


Directorate of Public Safety News Letter

1 May, 2002



HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Let's say it's 6:15 p.m. and you're driving home (alone of course), after an unusually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home, unfortunately you don't know if you'll be able to make it that far.

What can you do? You've been trained in CPR, but the instructor neglected to tell you how to perform it on yourself. Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart begins beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

*From Health Cares, Rochester General Hospital via Chapter 240's newsletter
AND THE BEAT GOES ON ... (reprint from The Mended Hearts, Inc. publication, Heart Response)*

This is a really cool website with views of the twin beams of light from ground zero. It lasts about 30 seconds, moving around NYC.

Click Here: [Tribute In Light](#)

(Thanks to Linda Ackley)

Things You Should Know About Hand and Wrist Pain

(Also called Cumulative Trauma Disorders (CTDs))

Some of the rules of thumb for preventing CTD's are:

- * Break up repetitious work.
- * Relax. Don't use your muscles to hold your hands or shoulders in a particular position. Keep your limbs and shoulders limp as much as possible, even during short pauses.
- * Use moderate postures for individual joints. Stay away from positions near the extremes of your joints' range of motion the most neutral joint position is about halfway.
- * Minimize contact with hard or sharp surfaces. This is especially important at the wrists and el-bows.
- * Don't use too much force. Notice any exertions you have to make and see if they can be eliminated. "Exertions" don't have to involve breaking into a sweat. They can be subtle, such as pulling a hard-to-reach drawer or lifting a heavy file.
- * Move with an even motion. Avoid snapping the wrist or jerking against outside forces.
- * Keep your hands and fingers warm. Consider gloves or even fingerless gloves.
- * Break up exposures to vibration.

It Only Takes a Few Seconds and Your Life can change FOREVER



helicoptere_05.asf

(This is in French but I think you'll get the idea)

Summer is almost here and with summer comes going into the woods and working in the garden.

DIRECTORATE OF PUBLIC SAFETY NEWS

Here is some information that might come-in handy.

Facts and Fiction about Poison Oak and Ivy

Q. What can I do to relieve the itch?

A. There is no cure for the rash once it begins, only relief of the symptoms. Avoid further contact with the plants oil if possible. Minor itching, pain, oozing and swelling can be relieved with over-the-counter anti-itch treatments that contain zinc acetate, zinc oxide or hydrocortisone. In severe cases a physician can prescribe antihistamine creams, tablets, or shots.

Q. Do the blisters cause the rash to spread?

A. No. The blisters are the body's natural allergic reaction to poisonous plants. If the blisters bread and ooze, the fluid does not contain the oil that cause spreading. Oil from the original contact with the plant will continue spreading for the first 1 or 2 days. If

new areas or rash appear after 3 days, you are getting re-exposed to the plant oil, most likely from contaminated clothing, tools, or even your cat or dog.

Q. How long will the rash last?

A. Mild cases can last 5 to 12 days. Most severe cases can last up to 30 days or longer.

Q. Can I get the rash from someone else?

A. Generally speaking no. Once the rash appears (i.e. within 1-3 days), the original oil has all bonded to the victim's skin, so it can't spread to others.

Q. How long does the urushiol oil last?

A. The OIL DOES NOT EVAPORATE and can remain active for a year or longer after being picked up on tools, clothing, animal fur, etc.

Q. Should I break the blisters?

A. Never break the blisters! An open blister can easily become infected and lead to blood poisoning. If the blisters break, cover loosely with a sterile bandage. In severe cases, contact your doctor.

Q. Should I wrap or cover the rash with a bandage?

A. Air is helpful to healing any wound. If you cover the rash with a sterile bandage, cover loosely to allow healing oxygen to reach the surface of the skin. It is important to keep the rash very clean; changing the sterile bandage frequently reduces the risk of

infection. Seek medical attention if the rash becomes red, feverish, or shows other signs of infection.

Q. Are dead plants safe to touch?

A. No. The poison oil remains toxic and does not evaporate. All parts of the living or dead poison plants, including the roots, contain the urushiol oil. Be especially careful of dead vines on firewood and leafless vines in the winter.

Q. Is it possible to get the rash by breathing the smoke of burning poison plants?

A. Yes, Urushiol is carried in the smoke from burning leaves or brush. If you think you have inhaled the oil, see your physician immediately; this can be a very serious condition. In several states it is illegal to burn poison plants. NEVER BURN THEM!! Avoid breathing the smoke.

Drown-Proofing Pool, Diving, and Swimming Safety

As the weather becomes warmer, re-ports of accidental drowning becomes all too common. Drowning victims encompass all age groups-the toddler who fell into the family pool, the teenager who dove into a lake and struck an unseen rock, the adult who was pulled out to sea by a vicious undertow. Perhaps the saddest fact about each of these cases is that the drowning accident could have been prevented. Learn these basic rules for preventing drowning before an accident becomes a tragedy.



Pool Safety – If you own a backyard pool, or live in an area where pools are common, enroll your children in swimming classes immediately. (Infants as young as a few months old can learn to swim their way to safety.) Invest in an approved safety cover and keep the pool covered whenever it is not in use. Fence in your pool to prevent curious youngsters from entering the pool area without your permission. Never, ever, allow toddlers or young children access to the pool without adult supervision.

Diving Safety – Many accidental drownings result from diving injuries. Diving into shallow water, or striking an unseen obstacle can lead to

DIRECTORATE OF PUBLIC SAFETY NEWS

unconsciousness, spinal cord injury, and all too often, death. Always test water depth before diving, and if you are unable to see below the water's surface, don't dive. Even if you are sure your path is clear, keep your arms extended above your head when diving-your hands (not your head) will hit an unseen obstacle first.

Swimming Safety – Whenever you swim, always have a partner nearby. Observe warning signs -“No Life-guard on duty,” “Dangerous undertow,” etc. Never swim when you are tired, under the influence of alcohol, drugs, or medications, or when weather conditions are stormy. If you are not an experienced swimmer, stay in shallow water and use flotation devices. Never allow toddlers or young children to swim without an adult supervision.

Additional Tips – Certain water sports such as boating, water skiing, and surfing, poses special drowning dangers. If you are interested in taking up any water sport, learn how to swim beforehand. Know nautical rules and regulations before going on any boat. Always wear an approved flotation device. Check your equipment before engaging in any water sport to be sure it is in good operating condition. Finally, use your common sense and avoid unnecessary risks. Drowning accidents are tragedies that can, in most cases, be prevented.

Protect Your Eyes



The summer season is upon us and with the temperatures moving well into the 90's it's time to start thinking about protecting ourselves from the sun. Many people are aware that using sunscreen protects

their skin from the harmful effects of the sun, but the eyes also need protection.

Although there isn't a topical sunscreen for the eyes, they are just as vulnerable and prone to disease and degeneration if not properly protected from the sun. According to the American Academy of Ophthalmology, exposure to the sun's ultraviolet rays

can cause cataracts and macular degeneration, both of which are leading causes of blindness.

But wearing sunglasses can help prevent such problems. “Sunglasses don't have to cost a lot, but make sure they block 99 to 100 percent of ultraviolet rays,” says The American Academy of Ophthalmology. Wearing a broad-rimmed hat also provides additional eye protection.

But the sun's rays aren't the only things the American Academy of Ophthalmology warns against while enjoying this summer weather. Wear goggles when swimming in the pool, ponds, or lakes. Chlorine in the pool can make your eyes red and puffy. Ponds and lakes may harbor Acanthamoeba, a protozoan that can lodge underneath a contact lens, and cause keratitis, an inflammation of the cornea. Be careful doing outside chores. Make sure you wear safety goggles when



using lawn mowers or other power tools. Stones and debris can cause serious eye injuries when thrown.

Play ball, but protect your eyes. Some of the summer's most popular sports are also some of the leading causes of eye injuries. It is a good idea to wear protective eyewear while playing games such as baseball, basketball and soccer.



Sometimes, after following safety precautions, we still experience eye problems.

These first aid tips may help relieve immediate stress to the eye.

Sand or small debris in the eye: Use eyewash to flush the eye out. Do not rub the eye. If the debris doesn't come out, lightly bandage the eye and see a doctor.

Blows to the eye: Gently apply small cold compresses to reduce pain and swelling. Don't apply any pressure. Seek emergency medical care if there is pain, reduced vision or discoloration, such as a black eye.

Cuts or punctures to the eye: Bandage the eye without any pressure and seek emergency medical care immediately. Do not attempt to wash the eye or remove any object stuck in the eye.



FREE LUNCH

The first person that sends me

DIRECTORATE OF PUBLIC SAFETY NEWS

an e-mail identifying SEVEN (7) safety violations in this photo gets lunch (On Me) at Club Dix. The assumption is that the guy in the truck is using the chainsaw.

The answers will be in the June Safety News Letter So I need to have **your** answers by the 15th of May.

Leo.falanga@dix.army.mil



A Safety Message for Woman

(And for men too)

From

Luis M. Ramos, Deputy District Attorney
Office of the District Attorney, Santa Clara County
70 West Hedding Street, West Wing, San Jose, Ca. 95110
408-792-2793, LRamos@da.co.santa-clara.ca.us

The elbow is the strongest point on your body. If you are close enough to use it. If you are ever thrown into the trunk of a car, kick out the back taillights, and stick your arm out the hole and start waving like crazy. The driver won't see you but everybody else will. This has saved lives.

I attended a personal safety workshop, and it jolted me. An amazing man, Pat Malone, who has been a bodyguard for famous figures like Farrah Fawcett and Sylvester Stallone, gave it. He works for the FBI, and teaches police officers and Navy SEALs hand-to-hand combat. This man has seen it all, and knows a lot. He focused his teachings to us on HOW TO AVOID BEING THE VICTIM OF A VIOLENT CRIME. He gave us some statistics about how much the occurrences of random violence has escalated over the recent years, and it's terrible. Here are some of the most important points that I got out of his presentation:

(1) The three reasons women are easy targets for random acts of violence are:

(a) Lack of Awareness: You **MUST** know where you are and what's going on around you.

(b) Body Language: Keep your head up, swing your arms, and stand straight up.

(c) Wrong Place, Wrong Time: **DON'T** walk alone in an alley, or drive in a bad neighborhood at night.

(2) Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit there (doing their checkbook or making a list, etc.) **DON'T DO THIS!** The predator will be watching you, and this is the perfect opportunity for him to get in the passenger side, put a gun to your head and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.**

(a) A few notes about getting into your car in a parking lot, or parking garage: Be aware! Look around you, look into your car, at the passenger side floor, and the back seat.

(b) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

(c) Look at the car parked on the drivers' side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard or policeman to walk you back out. **IT IS ALWAYS BETTER TO BE SAFE THAN SORRY.** (Better paranoid than dead.)

(3) **ALWAYS** take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot).

(a) Do not get on an elevator if there is a weirdo already on there. (Of course, bad men don't always look bad.)

(b) Do not stand back in the corners of the elevator; be near the front, by the doors, ready to get off or on.

(c) If you get on the elevator on the 25th floor, and someone you don't trust gets on the 22nd, get off when he gets on. (Trust your instincts)

(4) If the predator has a gun and you are not under his control, **ALWAYS RUN!**

(a) Police only make 4 of 10 shots when they are in range of 3-9 feet. This is due to stress.

(b) The predator will only hit you (a running target) 4 in 100 times. And even then, it most likely **WILL NOT** be a vital organ. **RUN.**

(5) As women, we are always trying to be sympathetic. **STOP IT!** It may get you raped, or killed.

(a) Ted Bundy, the serial killer, was a good-looking, well-educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.

(b) Pat Malone told us the story of his daughter, who came out of the mall and was walking to her car when she

DIRECTORATE OF PUBLIC SAFETY NEWS

noticed 2 older ladies in front of her. Then she saw a police car come towards her with cops who said hello. She also noticed that all 8-handicap spots in the area were empty. As she neared her car she saw a man a few rows over calling to her for help. He wanted her to close his passenger side door. He was sitting in the driver's side, and said he was handicapped. He continued calling, until she turned and headed back to the mall, and then he began cursing at her. In the meantime, she wondered why he didn't ask the 2 older ladies, or the policeman for help, and why he was not parked in any of the empty handicap spots. As she got back to the mall, two male friends of hers were exiting, and as she told them the story, and turned to point at the car, the man was getting out of the back seat into the front, and the car sped away. **DON'T GET CAUGHT IN THIS TRAP.**

(6) Tips to saving your life, if you get into a violent situation:

(a) **REACT IMMEDIATELY!** If he abducts you in a parking lot, and is taking you to an abandoned area, **DON'T LET HIM GET YOU TO THAT AREA.** If you are driving, react immediately in the situation, and crash your car while still going 5 mph. If he's driving, find the right time, and stick your fingers in his eyes. He must watch the road, so choose an unsuspecting time, and gouge him. It is your **ONLY** defense. While he is in shock, **GET OUT.** (This sounds gross, but the alternative may be death if you do not act.)

(b) **RESIST!** Don't go along with him; run, if you are able. **DON'T EVER GIVE UP!** You **DO NOT** want to get to a crime scene.

(7) Always keep your distance when walking past strangers on the street or in dark areas.

(8) **GET A CELL PHONE.**

(a) There are packages for \$19.95 a month that allow you to program only 911 into the dialing out program. (This is an alternative for parents who say it is too expensive for their kids to have a cell phone.)

(9) **BREAK DOWNS:** Make every effort to avoid this by **ALWAYS** keeping your car in good working order.

(a) If your car breaks down, **LOCK YOUR DOORS.** You better have a cell phone to call for help.

(b) If you don't have a cell phone, (shame on you) keep a blanket, warm clothes, a pair of boots, and a flashlight in your car always, for emergencies.

(c) If it's noon on a business day, you may want to put your hazards on and walk to safety.

(d) If it's 2 am, put on your warm clothes, and walk to a lighted area. You are a perfect target if you are sitting in your car broken down. Predators search the highways for easy targets like you.

(e) If you're on a desolate road, walk away from the car (in you're warm clothes) and go to some bushes, or some area **AWAY** from your vehicle. It will be cold, and uncomfortable, but you **DO NOT** want to stay in your car, and there are no psychos waiting in the bushes who knew you were going to break down there and then.

(10) Physical defenses that we can use against the violent predator:

(a) The **EYES** are the most vulnerable part of the body. Poke him there **HARD.** It may be your only window of opportunity.

(b) The neck is also a vulnerable spot, but you **MUST** know where to grip, **AND HAVE THE STRENGTH** to cut off his breath.

(c) The last place is the **KNEES.** Everyone's knees are very vulnerable, and a swift kick here will take anyone down. A cautionary note about these things: If you do not do these things right the first time, you are in trouble, because it will only anger the individual, and that anger will be **TAKEN OUT ON YOU.** I'm not saying don't attempt them (it may be your only hope), but be forceful when you do.

(11) If you are walking alone in the dark (which you shouldn't be) and you find him following / chasing you:

(a) Scream **"FIRE!"** and not "help." People don't want to get involved when people yell "help," but "fire" draws attention because people are nosey.

(b) **RUN!**

(c) Find an obstacle, such as a parked car, and run around it, like Ring Around the Rosie. This may sound silly, but over the years, 5 women have told Pat Malone that this **SAVED THEIR LIVES.**

(d) Your last hope is getting under the car. Once you are under there, there are tons of things to hold on to, and he will not be able to get you out and will not come under for you (most likely). Usually they give up by this point. The catch here is that **YOU MUST PRACTICE GETTING UNDER THE CAR.** You must have a plan (he will have one), know if you will be going on your back, front, from the side or back of the car. It must be practiced.

(12) Never let yourself or anyone that you know be a "closer" in any type of business (bar, store, restaurant, gas station). Pat knew Danielle, who was a girl that just died from being shot point-blank by some kids while she was closing at the local gas station. He talked with her the night before she died, and asked whether it ever scared her to close alone. She said yes, but said, "I'll be all right, Pat. I'll be all right." She wasn't. Our world is not as safe as we pretend that it is, and living in our fantasy worlds **WILL** get us in trouble, sooner or later. Pat Malone said again and again that the women who die **EVERY MINUTE** from violent crimes expected to go to bed tonight, and get up tomorrow. No one expects it, but we must be prepared and aware so that we **HAVE A PLAN. BE PREPARED TO ACT! AND ACT HARD! HAVE A PLAN!** I would encourage you to pass this on to all women, not just your friends and family, but everybody. We all need to hear it.

Cutting Corners Doesn't Work

Some folks have to find out the hard way
(The name of the boat is "Temporary Insanity")

DIRECTORATE OF PUBLIC SAFETY NEWS



- *Don't skate in traffic.
- *Skate on a flat, smooth surface.
- *Skate on the right, pass on the left.
- *Yield to pedestrians when skating on sidewalks.
- *Don't combine tasks, such as walking the dog, when skating.
- *Don't skate at night.
- *Don't skate in low visibility weather.
- *Don't wear anything that will obstruct your safety gear.
- *Check wheels periodically to make sure they aren't loose.



You can find more information by calling the In-Line Skating Association at (305) 672-6714.

Rollerblading Safety

In-line skating is the fastest growing recreational sport in the country. Many skiers and hockey players use in-line skating during the off-season. Did you know that in-line skating burns as many calories as jogging? Unfortunately, "rollerblading" is also the cause of thousand of serious injuries, especially with kids under the age of 15. Most injuries are a result from trying to stop, or breaking a fall. The most common injury is a fractured, or broken wrists. Proper equipment is the key to preventing most injuries when "rollerblading".



Here are some tips for "SAFE ROLLERBLADING".

The Right Skates - Skates that are too big don't support the ankles and are difficult to direct and control. Slide your toe down to the front of the skate. If there is room behind your heel, the skates are too big.

Protective Gear

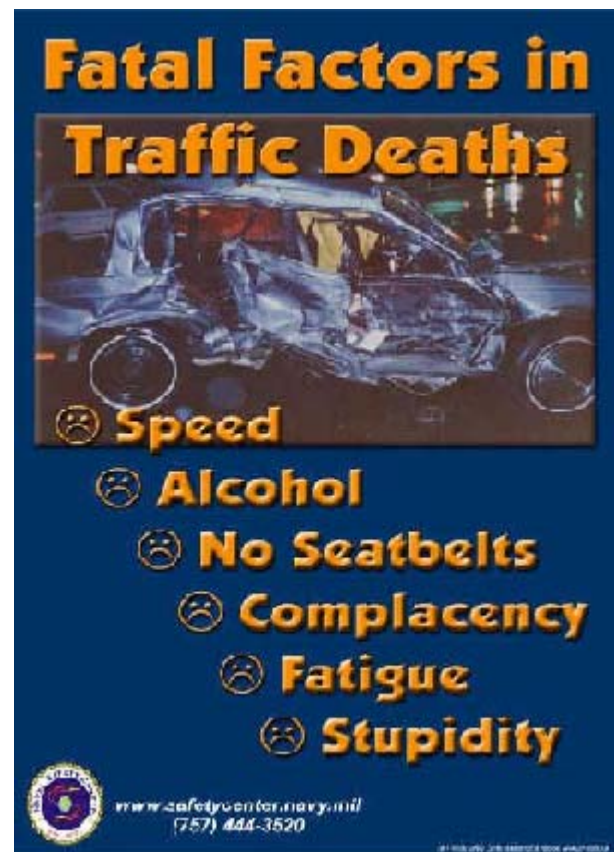
Helmets should be as snug as possible and worn low on the forehead, approximately one inch above the eyebrows. Helmets should be safety tested by a national agency.

Wrist guards should fit over your hands like gloves to absorb the shock of a fall.

Elbows and kneepads should be cushioned and fit snugly. If they're too small, they'll pop off; if they're too big they will slide right off.

*All beginners should learn to skate inside.

Some Things Never Change Don't Drink and Drive



SAFETY CLIMATE SURVEY The results are in!

DIRECTORATE OF PUBLIC SAFETY NEWS

First, we at the Safety Office would like to **Thank** everyone that responded to the Safety Climate Survey. We had an overwhelming response, that in-turn will be used to help the various Directorates' and their organizations to better evaluate their safety programs. The working men and women of Fort Dix continue to be our highest priority, and as such, we are constantly searching for ways to better ensure your safety. Through your participation and comments, we will no doubt be better able to assess our Safety Programs as well as to be more proactive in addressing your safety needs. We would also like to let everyone know that you don't have to wait for a safety survey to alert us to your safety concerns. When it comes to safety, we welcome your comments or suggestions at any time.

Here are your Responses:

Roughly 80% of the respondent's felt that the Managers, Supervisors, and their Fellow Workers, cared about their safety, 16% neither agreed nor disagreed, and approximately 4% disagreed.

Approximately 80% of the respondents feel that it was easy for workers to discuss safety issues with their supervisors and or managers, 13% neither agreed nor disagreed, and roughly 7% disagreed.

82% of the respondents feel that members in their work groups work well together as a team, 11% neither agreed nor disagreed, and 7% disagreed.

In terms of having received the training needed to do the job safely, 68% of the respondents agreed, 23% neither agreed nor disagreed, and 9% disagreed.

Only 60% of the respondents felt that if a safety-related problem was reported to their supervisor, the job would be stopped or the problem corrected, 27% neither agreed nor disagreed nor disagreed, and 6% disagreed.

57% of the respondents feel that they "always" have enough time to get everything done, 19% neither agree nor disagree, and 24% disagree.

48% of the respondents feel that they are well briefed on hazards before beginning a job or performing a task, 35% neither agree nor disagree, and 17% disagree.

41% of the respondents indicated that they were involved in risk management planning, 34% neither agreed nor disagreed, and 25% indicated that they were not involved.

89% of the respondents would rate their current level of safety awareness / readiness as very high, 9% neither agreed nor disagreed, and only 2% disagreed.

88% of the respondents have possessed a civil drivers licenses for more than 10 years, 25% have possessed a military licenses for 10 years or longer and of those possessing a military licenses, 59% have attended Accident Avoidance / Defensive Driving (DDC). **Note**, to those who possess a military driver licenses, it is a requirement that you attended DDC every 4 years.

71% of the respondents knew who their safety supervisor was, 29% of the respondents did not know who their safety supervisor was.

10% of those who responded to the Safety Climate Survey held a Management position, 23% were Supervisors, 3% Foreman's, and 64% were Workers.

Other comments solicited by the survey included;

Question # 25, **Please list one safety-related thing that most needs improvement in your organization**, we received several comments. No fire extinguishers, more exits needed, no crosswalk on Texas Ave / 8th street, fumes, fire alarm system malfunctions, updated first aid kits, vehicle maintenance, communication, safety shoe use, heat control not working, briefings, need welding booths, training & proper safety procedure, dump trucks need covers when loaded, following one way signs, and more.

Question # 26, **Please list one safety-related thing that is going very well in your organization**, we received a wide range of responses. Hallways are being kept clear, weekly safety briefings are being conducted, personnel are issued safety use items

DIRECTORATE OF PUBLIC SAFETY NEWS

(shoes, glasses, gloves, etc.), inspections are being conducted, safety awareness is good, no accidents, office safety is good, new smoke detectors, Personal Protective Equipment (PPE) is being used, things like hearing protection and eye protection, and there an increase in discussion among team members regarding safety precautions.

Overall, the majority of the men and women who participated in the Safety Climate Survey felt that Safety was in deed an integral part of their day to day operation, however, the survey also pointed out, that there is still plenty of room for improvement.

In closing, we again would like to thank all of those who participated in the survey.



Poisonous Plants

Vegetation helps sustain life. We eat many plants, herbs and so forth in our daily diet. But, we must remember to be choosy. Some plants, trees or shrubs are potential killers of man. Some part of the ornamental plants or flowers in your yard may contain deadly poison. Many poisonous plants are so common and seemingly innocuous you do not suspect their toxic qualities. This article could save your life or the life of someone you love. Please take the time to read and learn what killers you may have lurking in your home.



Poisonous Plants.msg

Electricity Can Kill

This worker was lucky and survived. This is one way we find out what Personal Protective Equipment (PPE) is needed, but it's the HARD WAY. **WEAR YOUR PPE!**

Event / Document Abstract:

A metering electrician received 1st and 2nd degree burns due to an electrical flash/explosion that occurred while he attempted to install two 277/480-volt self-contained meters.

The electrician received 1st and 2nd degree burns to his face and spent 2 days in hospital.

The investigation team concluded that the test procedures were followed correctly and that the meter was installed correctly, leading the team to believe that the cause of the accident was not human error. It is not clear what the exact cause of the accident was, but it is believed that some sort of failure in the switch-gear was the cause of the explosion.

The electrician was wearing all PPE required by the employer at the time, except for a hard hat. As a result of the accident, additional PPE (Face shields) are now required.



Electrical Burn
Panel2.jpg



Electrical Burn Panel
1.jpg



Electrical Burn
jacket.jpg



Electrical Burn Injury
5.jpg



Electrical Burn
gloves.jpg

We're here to help. Got questions? Call the OSHA management office 2-2900 or e-mail me (Leo) at; Leo.Falanga@Dix.Army.Mil

<u>Installation Safety Office</u>	<u>562-2900</u>
<u>Fire Prevention Bureau</u>	<u>562-5484</u>
<u>DOD Police</u>	<u>562-6001</u>

FOR AN EMERGENCY DIAL 9-1-1